

Tuesday Classes

HIKE FOR HEALTH **MV-LA

Date: 9/18 - 11/27

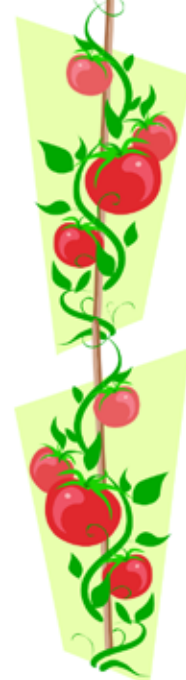
Time: 8:30 a.m. - 1:30 p.m.

Location: Multipurpose Rm. B

Instructor: P. Noyes

Cost: Age 55+ \$28/others \$92

Wear layered clothing. Bring sun and insect protection, water, whistle, personal first aid kit, lunch and wear knobby soled shoes or boots. Hikes range from 3-6 miles. Students must be willing to drive or car-pool. **See pg. 23 for enrollment information.



YOGA FOR BETTER BALANCE †Foothill (class meets T & F) (No class 11/23)

Date: 9/25 - 12/11

Time: Session 1: 8:45 a.m. - 9:45 a.m.

Session 2: 10:15 a.m.-11:15 a.m.

Location: Dance & Movement Rm.

Instructor: M. Alexander

Cost: Free

This yoga class promotes whole body balance: physical, mental, emotional, and spiritual through addressing the components of equilibrium. We will focus on cultivating awareness through the development of core strength, joint mobility, flexibility, stamina, and agility while paying attention to the interplay between breath, movement, and the mind. Instruction will include postures, ROM exercises, breath techniques, relaxation, fall prevention, and moving balance. Wear loose fitting clothing. All levels are welcome. Emphasis on the easy level is the 8:45 class and moderate to advanced is the 10:15 class. † See pg. 23 for enrollment information.



DRAWING & WATERCOLOR **MV-LA

Date: 9/18 - 11/27

Time: 9:00 a.m. - 12:00 p.m.

Location: Arts & Crafts Room

Instructor: B. Dixon

Cost: Age 55+ \$20/others \$84

Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition and detail. Many demonstrations. Seascapes, landscapes and floral will be emphasized. **See pg. 23 for enrollment information.

MEET THE PC **MV-LA (class meets T & Th)

Date: 9/11 - 10/4

Time: 9:00 a.m. - 11:30 a.m.

Location: Technology Room

Instructor: P. Meek

Cost: Age 55+ \$20/others \$84

Use hands-on activities to learn the basic features and functions of your computer. Learn to use the mouse, menus, and desktop icons. Explore applications in word processing, drawing, games, and the Internet. **See pg. 23 for enrollment information.

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SENDING AND RECEIVING EMAIL **MV-LA (class meets T & Th)

Date: 10/9 - 10/25

Location: Technology Room

Time: 9:00 a.m. - 11:30 a.m.

Instructor: P. Meek

Cost: Age 55+ \$20/others \$84

Students will be introduced to Yahoo email and creating a web account, and learn about sending online greetings and invitations. Learn to send and receive messages, use attachments, and download and save graphic files. You will create address books and contact groups and set up your mail preference to handle Spam mail. Prerequisite: "Meet the PC" (pg. 8,17) or equivalent. **See pg. 23 for enrollment information.

PHOTOSHOP ELEMENTS **MV-LA (class meets T & Th) (No class 11/22)

Date: 11/13 - 12/11

Location: Technology Room

Time: 9:00 a.m. - 11:30 a.m.

Instructor: P. Meek

Cost: Age 55+ \$20/others \$84

Want to enhance and edit your photos? Using Quick Fix and Standard Edit, learn to select, crop, clone, adjust color, add text and create professional looking photos. Practice printing single or multiple photos of different sizes. Bring in your digital camera. **See pg. 23 for enrollment information.

BOOKBINDING, BOXES, ETC. **MV-LA

Date: 9/18 - 11/27

Location: Multipurpose Rm. B

Time: 9:30 a.m. - 12:30 p.m.

Instructor: E. Krupnick

Cost: Age 55+ \$20/others \$84*

This is a studio class - which means you will embark on a choice of projects that will spur your creativity to a high order! Projects will include making a "leather" journal, binding a book, making polymer molds, making decorative boxes and more!

*Materials fee \$35 payable to instructor at first class for beautiful papers, heavy board and other high-end supplies. Instructor Elyse Krupnick an exhibiting artist and Renaissance woman of many talents! **See pg. 23 for enrollment information.

ARTHRITIS EXERCISE †Foothill (class meets T & F) (No class 11/23)

Date: 9/25 - 12/11

Location: Multipurpose Rm. A

Time: 11:30 a.m. - 12:50 p.m.

Instructor: S. Lohmann

Cost: \$41 (Includes both classes)

This class is designed to improve the flexibility and posture of those individuals who suffer from arthritis. Safe, mild stretching techniques for every joint in the body will be utilized. † See pg. 23 for enrollment information.

EXERCISE ON BROADWAY **MV-LA (Class meets T & Th) (No class 11/22)

Date: 9/18 - 11/29

Location: Dance & Movement Rm.

Time: 12:30 p.m. - 1:45 p.m.

Instructor: M. Ridgway

Cost: Age 55+ \$20/others \$84

Tired of the same old exercise routine? Join our "chorus line" as we move our way into fitness to the sounds and choreography of Broadway and popular music. All abilities welcome; no previous experience necessary; work-out attire and leather-soled shoes recommended. Instructor Marnie Ridgway has over 30 years' experience dancing and getting in shape! **See pg. 23 for enrollment information.

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SPANISH - HIGH INTERMEDIATE CONVERSATION **MV-LA

Date: 9/18 - 11/27

Location: Meeting Room

Time: 12:30 p.m. - 2:15 p.m.

Instructor: A. Pilling

Cost: Age 55+ \$20/others \$84

This class offers lively conversation, small group discussions, oral presentations & current events. **See pg. 23 for enrollment information.



KARAOKE: DROP-IN (No class 12/25)

Date: Ongoing

Location: Arts & Crafts Room

Time: 1:00 p.m. - 4:30 p.m.

Instructors: J. Liang & C. Chow

Cost: Free

Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are provided by instructors and are in Chinese.

LOW IMPACT AEROBICS †Foothill (class meets T & Th) (No class 11/22)

Date: 9/25 - 12/11

Location: Multipurpose Rm. A

Time: 1:00 p.m. - 2:20 p.m.

Instructor: D. Arnold-Ammon

Cost: \$41 (fee includes both classes)

This class will provide a full cardiovascular workout. The class will be aimed at those who want to lower fat, cholesterol, blood pressure and have fun! There will be low impact movement set to music and paired with easy walking patterns. † See pg. 23 for enrollment information.

GENTLE YOGA - STRETCH **MV-LA

Date: 9/18 - 11/27

Location: Dance & Movement Rm.

Time: 5:30 p.m. - 7:00 p.m.

Instructor: M. Busso

Cost: Age 55+ \$20/others \$84

Come to class and learn to gently tone and strengthen core muscles, release tension in the lower back and stiffness in the shoulders and neck. The feel-good yoga stretches will enhance the overall health of your spine and leave you feeling relaxed and energized! This class is not suitable for those who are chronically ill. Wear loose fitting clothing and bring a yoga sticky mat, towel, and belt or strap. Instructor Miki Busso is a popular teacher and certified yoga therapist. **See pg. 23 for enrollment information.

GENEALOGY WORKSHOP **MV-LA

Date: 9/25 - 11/13

Location: Multipurpose Rm. B

Time: 6:00 p.m. - 8:30 p.m.

Instructor: G. Simons

Cost: Age 55+ \$20/others \$84

Whether you are a beginner or a seasoned researcher, this class is for you! Course content will be developed from the needs of individual participants and will be different each quarter. Included will be seminars and Genealogical Society meeting updates, new websites for research and a section on "Help - what do I do now?". Spend a fun evening with fellow genealogists learning about genealogy methodology and locating those elusive ancestors. **See pg. 23 for enrollment information.



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SEWING WITH A PROFESSIONAL LOOK **MV-LA

Date: 10/2 - 11/20

Location: Arts & Crafts Room

Time: 6:00 p.m. - 8:30 p.m.

Instructor: R. Pessah

Cost: Age 55+ \$20*/others \$84*

Have you ever desired to own designer outfits, but were turned off by outrageous prices? This is your opportunity to make it yourself without a "homemade" look! In class you will not only learn basic sewing techniques but also how to finish a beautiful, well-constructed garment. Students will be taught basic sewing machine and hand sewing techniques as well as pattern layout and construction methods. A limited number of sewing and overlocking machines are available each week. Students will want to have use of a sewing machine outside of class. *Materials fee \$4.00 payable to instructor at the first class meeting. Instructor Remy Pessah has been sewing since the age of 9. Over time, she has developed an expertise not only in sewing, but also in textile art. **See pg. 23 for enrollment information.

